

St. Andrews Heights Community Newsletter



February 2010

Alas, it's time to return to routines after enjoying time off. We enjoyed +30 C in Mexico followed by -38 C in Saskatoon; my tan went into hiding. The freeze – thaw weather we've had makes for icy sidewalks. Keeping your sidewalk free of ice and snow is very much appreciated.

Each brings turnover of our volunteers and I want to thank Heather McQuay for having been Hall Coordinator. Thanks to Alan Nixon who served as Soccer Coordinator. And Betty Schmidt will be stepping down as VP Seniors March 31. Betty did a terrific job with our New Horizons Program and we owe her and her colleagues a debt of gratitude!

I would be delighted to chat or email **with anyone interested in any of the Soccer Coordinator, Hall Coordinator, or VP Seniors roles.**

Thanks to those who attended the Traffic Town Hall on Jan 20th. Excess speed and morning commuter traffic using Hamilton St are the most frequent concerns. Because attendance was light, there were insufficient signatures to request a Traffic Study by the City of Calgary. The City's Traffic Calming Measures Policy is available on the website. Enclosed in this edition of the newsletter is a form in which you can lend your support to having a study carried out. I will make reference to the two problems cited. If you have an additional concern, please note that. If you are agreeable, please complete and return the form to the Community Center by Feb 28, 2010. There must be a minimum amount of support in order for a study to take place and the policy requires a study before any intervention.

Briefly... residents have noted the convenience of a Canada Post Outlet at the Paragon Pharmacy in the Stadium Mall. I do want to follow through on a few items... if anyone has ideas for a better sign in front of the Community Center, I'd be happy to receive that... I will get to some website improvements in the next few weeks. All the best for 2010.

Jeff Schaefer president@standrewsheights.ca

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Community Executive 2009-10

President	Jeff Schaefer	403-289-0625
Past President	Liz Murray	403-282-8309
Treasurer	Gitte Julien	403-282-2795
Secretary	Lorna Beairsto	403-274-4431
VP Sports	Adev Ahluwalia	403-284-4110
VP Facilities	Michael Fuchs	403-282-5246
VP Comm & Events	Marni Benson	403-226-0315
VP Seniors	Betty Schmidt	403-282-8949
	VP Planning—	
Non-Residential	Liz Murray	403-282-8309
Residential	Adev Ahluwalia	403-284-4110
Hall Rentals	vacant	
Newsletter	Gwen Schaefer	
	newsletter@standrewsheights.ca	
Policing Officer	vacant	
Hall Telephone		403-282-5211
Webmaster	Jeffrey Schaefer	
	webmaster@standrewsheights.ca	

The deadline for submissions for the March issue of the St. Andrews Heights Community Newsletter is: February 26, 2010.

Delivered nine times a year, September through December, and February through June, to over 400 homes.

Please direct all requests to the Editor: newsletter@standrewsheights.ca, or Gwen at 289-0625 or mail to: St. Andrews Heights Community Association 2504 – 13 Ave NW Calgary, AB T2N 1L8

Newsletter Advertising Rates

- Half page \$45.00
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**ICE MATTERS** By: Nik Rasula

Well, what more needs to be said. The ice rink was in for the second week of December! The results speak for themselves.....great thick ice, enabling wonderful winter experiences for many....and, judging by the crowds, it has been many. Thanks to all that made it happen!

To update readers, *Ice Matters* was not included in the November edition of the Newsletter due to an issue over syndication and revenue sharing. Since resolved, we're a go on a month-to-month basis.

I'd like to introduce your Ice Crew for the 2009-2010 season. Your high-achieving alpha residents are: **Roger Smith, Larry Lozinski, Chuck and Colleen Whitaker, Peter, Matthew, and Samuel Ziriada, Dave Browne, Jane Burke, Dave Russum, Bryan Smith, Croft Axsen, Tom Stubbs, Tony Hamblin, and John Ross.**

As an update, sorry to report that noted soccer referee Cameron Blair didn't make the club this year. Best of luck next year old buddy, maybe after a solid training regimen of squats, pull-ups, dead lifts, and bench!

SENIOR'S JANUARY NEWS

We had 30 guests for the Christmas Turkey Supper. We distributed survey sheets at that time. There were 6 of us present at the meeting on Jan. 18th. The proposed format of one gathering per month was approved by those present. We agreed to have a catered supper in September and one in early December. Any suggestions for future events and topics or regarding dates and times would be appreciated. If you would like to help plan an event please let me know. Please continue to check our website and bulletin board for updates. I will email all of you when I have new information or if there is a cancellation. Please try and attend when we have presenters. Jacquie's contract with us was finished at the end of 2009. She has been a great asset to our program.

Your feed back would be appreciated. Thanks, Betty

2010 SENIORS ACTIVITIES**Monday February 8** Seniors Follies – Heritage Park

There are 8 of us going. We will leave the Hall at 10:00 am Paul and Frank will drive.

Monday Feb 22nd 9:30 am Presentation on Property Assessment and Property Taxes. Two guest speakers will be present. The presentation is from 9:30 until noon, including 45 minutes for questions at the end

From Assessment: Mr. Joe Marasco, Manager, Assessment-North Region

From Community and Neighborhood Services: Ms. Susan Fernando, Coordinator Property Tax Assistance program.

Please bring your assessment to the meeting as well as any concerns you may have. This is open to all community members

Saturday Feb 27 Chinese Buffet Supper served at 6 pm Only 48 tickets will be sold Tickets \$15.00 per person contact Betty at 282-8949 or email

paulizschmidt@Shaw.ca Special appearance by Doris Daley Cowboy Poet

"If cowboy poetry was fresh milk, and the cream that rises to the top was the best of the cowboy poets, then Doris Daley would be very rich and very, very fattening!!"

- Waddie Mitchell, Elko, NV

Join western wordsmith Doris Daley for an evening of award-winning cowboy poetry. A native of Southern Alberta, Doris recently became the first Canadian to win the Western Music Association's award for top female cowboy poet in North America. Her CD, Beneath a Western Sky, was also named top album for 2009. With humorous tales and colourful descriptions, Doris's poetry will make you laugh, make you cry, take you down happy trails, and sometimes all of the above at the same time. www.dorisdaley.com

Monday March 8 9:30 am Personal Income Tax Tips Presentation by Colin Catley Tax Specialist

Monday April 12 9:30 am Horticulture Presentation – Calgary Horticultural Society

Other plans currently under consideration

May or June

Antiques Road Show, Plant Exchange, Stampede BBQ

2010 'A YEAR OF BIRD WATCHING IN CALGARY'**sponsored by Nature Calgary.**

Our mailman, Bob, is a birdwatcher - He saw 42 different species while on his round in SAH in 2009. He is part of the Committee organizing the event.



This is a free event for adults and children with lots of prizes to encourage you to count how many different birds you see in your yard or in the whole of Calgary during the year. It's a great opportunity to learn more about birds and visit some of the interesting natural areas we have on our doorstep. Nature Calgary offers many field trips to the city's natural areas. They are free and open to all.

For information on the competition, check the Birds Calgary 2010 page on the Nature Calgary website at <http://birdcomp.fanweb.ca/2010/index.html> or call 403-239-9847.

I thought it would be interesting to see how many species we can spot in SAH during the year - so if you see something of interest or want to know more, give us a call. (For the record we've seen Downy Woodpecker, Red-breasted Nuthatch, House Finch, House Sparrow, Black-capped Chickadee, Blue Jay, Black-billed Magpie, Northern Flicker and Common Redpoll in our yard so far this year).

Bob reported seeing a Great Horned Owl on Hamilton Street before Christmas - has anybody seen it since?

Dave & Susan Russum, 403-284-4775 or email dave@geohelp.net

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DENTS & DIMPLES: Drywall "joint filler" compound is now available in small applicator tubes. You can repair most minor blemishes with a small dab of compound and a smooth damp cloth.

SPLITS OR LIFTING JOINT TAPE: Replace any loose or shabby tape with fresh drywall joint tape, then apply compound over the area with a broad flat putty knife. Allow the area to dry, then sand to a smooth finish. Repeat with another coat and "feather" the edge to a taper so that it melds with the existing wall finish.

NAIL-HEAD "POPS": Countersink loose nails and add new drywall screws in an adjacent spot to ensure the wallboard is fixed firmly. Smoothly apply joint compound with a putty knife. Allow the area to dry before sanding.

SMALL & MEDIUM HOLES: If a hole is too big to support wet compound, apply the compound in stages around the edge and let it dry between applications. Alternatively, secure mesh inside the hole and adhere the compound to the mesh. When hole is filled and dried, sand the surface smooth finish before priming and painting.



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LOUISE RILEY LIBRARY

Check out the Calgary Public Library website at: www.calgarypubliclibrary.com for more details on a wide variety of programs. These are just a few of many:

Baby and You for Moms Wednesdays, Feb 3 to Feb 24 1:30-3:30pm

Summary: Topics include infant crying, sleeping, toys, games, health, nutrition, and community resources. Presented by Alberta Health Services. Register by calling 403-781-1450.

Ages 2 to 9 months with a parent/caregiver

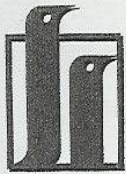
Age-Tastic for Seniors Monday, Feb 8 10:30am – 12:00pm

Summary: Learn how to achieve healthy self-esteem and to celebrate your own positive qualities. Presented by the Calgary Family Services Older Adult Team. Registration not required.

Ages 50 and up

Drop-In Family Storytime Thursdays, Jan 21 to Apr 29 10:30-11:00 am
or Fridays, Jan 22 to Apr 09 (No program on Apr 02) 10:30-11:00am

Summary: Drop in for stories, songs, and fingerplays the whole family can enjoy. Ages 2 to 5 with a parent/caregiver Registration not required.



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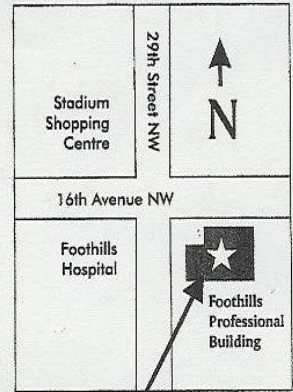
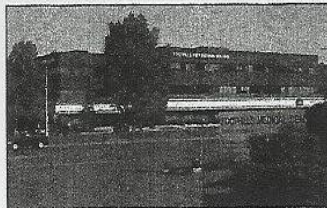
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LEARN SOMETHING NEW!**Friends of Fish Creek Provincial Park
Society- Speaker's Series**

Each month from January to November, the Friends of Fish Creek host guest speakers on a variety of topics relevant to the Park and the Calgary community. Presentations will take place at the **Fish Creek Environmental Learning Centre, 13931 Woodpath Rd. SW, Shannon Terrace Area, West end of Fish Creek Provincial Park.** (Access via 37th St. SW at 130th Ave. SW) From **7:00 pm (sharp) to 8:00 pm** (Doors open at 6:30 pm, so please come early). These events are free for Friends' members and \$5.00 for non-members.

Because of the interest in the Speaker's Series program, patrons are asked to register for each presentation by contacting the Friends at **403-238-3841** or info@friendsoffishcreek.org.

Thursday, February 25 - From the Road to the River

Roger Kelley, Conservation Education Director with Trout Unlimited Canada Trout Unlimited Canada manages the largest storm water pollution prevention and education programs in Canada. This presentation will focus on storm water pollution, which is the largest source of freshwater pollution in North America and the most difficult type of pollution to control. This presentation will explain some of the sources of this type of pollution, possible solutions to help reduce it, and the great work done by Trout Unlimited Canada to restore and preserve freshwater habitat. Fish Creek Provincial Park contains two waterways, the Creek itself, which is important for fish, invertebrate life, and all of the Park's wildlife community; and the Bow River, a critical waterway for wildlife species and residents of communities in Southern Alberta.



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PROTECTION OF CALGARY'S HERITAGE

Once considered dismissive of our historic resources, the City of Calgary has made huge strides in the protection of Calgary's heritage over the past year with a 47% increase in heritage designations.

The ten sites designated in 2009 include some excellent examples of adaptive re-use with buildings like the Simmons Factory Warehouse (1912), the Nellie McClung House (1907), and the Customs House (1916). The Simmons Factory Warehouse produced beds for the Canadian military in World War II and is now headquarters for the East Village redevelopment. Nellie McClung is best known for garnering the right for women to serve in the Canadian Senate and her house now provides character office space. The Customs House, significant for its role as the federal government's customs office in Calgary from 1916 to 1979, is home to a leading architectural firm and Cantos Music Foundation.

In addition to the significant increase in municipal designations, with 550 historic sites on its evaluated heritage inventory, Calgary is now considered a national leader in heritage landscapes. The recent restoration of Reader Rock Garden, Central Memorial Park, and the Vacant Lots Garden Club community garden in Bridgeland is garnering the interest of heritage groups across the country.

Calgary's future historic treasures are continually being created. A date of 25 years prior to the present date can be used to determine a site's eligibility for inclusion on The City of Calgary's Inventory of Evaluated Historic Resources. Proposed sites undergo a thorough evaluation with a system that came into effect in June 2008. The role of community members has been critical in identifying these sites, adding value and meaning to the process. For more information on the evaluation process and community heritage initiatives at The City of Calgary please visit: www.calgary.ca/heritage.
Druh Farrell



Boys & Girls Clubs
of Calgary

VOLUNTEERS NEEDED FOR HOME- START



The Home Start Program in Calgary, (run through the Boys and Girls Clubs) are looking for Volunteers to work with families.

Volunteers must either be Moms or Grandma, or have some parenting experience.

Home Start matches volunteers with young Moms who may be struggling in their new role. They may be new to the city, or to Canada and don't have family or friends to help support them. Or suffering with Post Partum Depression, or just lonely, isolated and need a friend.

Our volunteers provide both emotional and practical support to the Moms they are matched with. It can be anything from looking after the children while the Mom has a nap or sharing in an activity. You would be an extra pair of hands, extra set of eyes, or simply someone to talk to, laugh with, or to cry with.

Volunteers are required to attend a 30 hour training program, three hours a week over a ten week period. After completion of the course volunteers will then be matched with Moms in need. The volunteer commitment is three to four hours a week for a minimum of one year.

For more information about the program please contact Marion Paulson at 571-0516, Please visit our web site www.calgaryboysandgirlsclub.ca. Go under the program tab and look for Home-Start.

The Boys and Girls Clubs of Calgary provide safe, supportive places where children and youth can experience new opportunities, overcome barriers, build positive relationships and develop confidence and skills for life.


Community Events

Keep Fit Classes - Mondays and Wednesdays 7-8pm in the school gym. Call Karen 403-289-7820


Art Group - Wednesdays from 12 to 3:30 pm at the Community Hall. For information call Betty 403-282-8949

Snow Shoveler: Jordan Fleck
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A color version of the newsletter is available on the SAH website!
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